



Focus on What You Can Change

22 August 2026 | Decisions | 3 minutes

THOUGHT FOR THE DAY

Ask yourself first: What can you change, and what can you not change?

Marcus Aurelius

What does it mean?

Marcus Aurelius writes in Meditations that an outside event does not alone decide how we respond. We can examine our judgment and change our own actions. We must also recognize what is beyond our influence.

In daily life, we often spend energy on things we cannot control: other people's opinions, the weather, or a decision already made. Once we see the boundary, we can direct our effort toward our next action.

Put it into practice

- 01 Write down one problem that is on your mind today.
- 02 Mark the part that you can change yourself.
- 03 Choose one small next step for that part.

YOUR TASK FOR TODAY

Divide a page into two columns: "I can change this" and "I cannot change this."
Add one point to each column.

YOUR QUESTION

What can you change yourself today?